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**(12) United States Patent
Trant****(10) Patent No.: US 7,045,151 B2****(45) Date of Patent: May 16, 2006****(54) METHOD AND COMPOSITION FOR
IMPROVING FERTILITY HEALTH IN
FEMALE AND MALE ANIMALS AND
HUMANS**

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OTHER PUBLICATIONS**(75) Inventor: Aileen Sontag Trant**, Mountain View,
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See application file for complete search history.

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Meera P. Narasimhan**(57) ABSTRACT**

In a new pharmaceutical combination, the herb, *Vitex agnus-castus* (chasteberry), enhances hormone balance by increasing progesterone release and, therefore, ovulation frequency. The antioxidants, green tea, vitamin E, and selenium, improve overall reproductive health. L-arginine, an amino acid, stimulates the reproductive organs by improving circulation. Folic acid, vitamins B6 and B12, iron, zinc and magnesium help promote womens' fertility. Sperms are highly susceptible to free radical or oxidative damage from environmental toxicants and natural aging. Vitamins C and E, coenzyme Q10 and selenium are all potent antioxidants that help improve sperm counts and quality. Ferulic acid, an antioxidant found in Dong quai, also improves sperm quality. Zinc and B vitamins (B6, B12 and folate) are critical nutrients in male reproductive systems for hormone metabolism, sperm formation and motility. The amino acid, L-carnitine, promotes formation of healthy sperm.

3 Claims, No Drawings